

## Options for Early Implementation of New Meal Pattern for Children

### FOR CHILD AND ADULT CARE FOOD PROGRAM (CACFP) CHILD CARE CENTERS AND FAMILY DAY CARE HOMES

USDA Final Rule *Child and Adult Care Food Program: Meal Pattern  
Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*

The chosen option applies to **all age groups** enrolled at the CACFP institution. CACFP child care center sponsors with multiple centers must choose the **same option** for all centers. Family day care home sponsors must choose the **same option** for all family day care home providers. For more information, see CSDE [operational memo 13C-16 and 13H-16](#).

<b>Meal Pattern for Children (Ages 1-12) *</b>
<p><b>OPTION 1 – Specific Provisions:</b> <i>These ten provisions of the updated CACFP meal pattern requirements for children are consistent with the current CACFP meal pattern for children, and can be implemented at any time prior to October 1, 2017, whenever feasible for the CACFP child care center or family day care home. CACFP sponsors can choose to implement <b>any or all</b> of the ten provisions of option 1.</i></p>
<ol style="list-style-type: none"> <li>1. Prohibits flavored milk for ages 1-5.</li> <li>2. Allows fat-free flavored milk for ages 6 and older. <i>Note: USDA best practice recommends serving only unflavored milk.</i></li> <li>3. Requires at least one daily serving of whole grain-rich foods. **</li> <li>4. Allows meat and meat alternates in place of the entire grains component at breakfast up to three times per week.</li> <li>5. Allows tofu and soy yogurt to credit as meat alternates. ***</li> <li>6. Eliminates grain-based desserts from the grains component. ****</li> <li>7. Requires breakfast cereals to contain no more than 6 grams of sugar per dry ounce.</li> <li>8. Requires yogurt to contain no more than 23 grams of sugar per 6 ounces.</li> <li>9. Limits juice to no more than one meal per day, including snack.</li> <li>10. Prohibits deep-fat frying foods on-site, i.e., cooking by submerging food in hot oil or other fat.</li> </ol>
<p><b>OPTION 2 – Entire Meal Pattern:</b> <i>These three provisions of the updated meal pattern requirements for children are inconsistent with the current CACFP meal pattern for children. CACFP sponsors may request approval from the CSDE to implement the <b>entire</b> updated meal pattern requirements (provisions 1-13) prior to October 1, 2017, including the ten provisions of option 1 and the three provisions of option 2.</i></p>
<ol style="list-style-type: none"> <li>11. Allows juice to fulfill the entire vegetable component or fruit component.</li> <li>12. Permits parents and guardians to provide one meal component for participants with nondisability medical or special dietary needs.</li> <li>13. Extends offer versus serve to at-risk afterschool programs (<i>child care centers only</i>).</li> </ol>
<p><b>OPTION 3 – No Changes:</b> <i>Continue to implement the current CACFP pattern for children without any changes through September 30, 2017, and begin full implementation of the new CACFP meal pattern (all 13 provisions of options 1 and 2) on October 1, 2017.</i></p>

\* Emergency shelters can serve children ages 18 and younger, and children of any age with disabilities. At-risk afterschool care centers can serve children ages 18 and younger.

\*\* Whole grain-rich foods are grain products that contain at least 50 percent whole grains, any other grain ingredients are enriched, and any noncreditable grains such as bran, germ, and modified food starch are less than two percent of the product formula.

\*\*\* Tofu must meet the requirements outlined in USDA Memo [SP 53-2016](#) and [CACFP 21- 2016](#).

\*\*\*\* Grain-based desserts are those items in USDA's [Food Buying Guide for Child Nutrition Programs](#) Exhibit A, which are denoted as desserts with superscripts 3 and 4. This includes cakes, cookies, sweet pie crusts, fruit turnovers, doughnuts, granola bars, grain-fruit bars, cereal bars, toaster pastries, sweet rolls, and brownies.

*Additional crediting guidance will be provided at the CSDE workshops beginning in fall 2016.*

### MEAL PATTERN RESOURCES

Child and Adult Care Food Program (CSDE):  
[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576)

Nutrition Policies and Guidance for CACFP Child Care (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326)

*Child and Adult Care Food Program Meal Pattern Revision: Best Practices* (USDA):  
[www.fns.usda.gov/sites/default/files/cacfp/CACFP\\_bestpractices.pdf](http://www.fns.usda.gov/sites/default/files/cacfp/CACFP_bestpractices.pdf)

Final Rule: *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (USDA):  
[www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf](http://www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf)

Nutrition Standards for CACFP Meals and Snacks (USDA): [www.fns.usda.gov/cacfp/meals-and-snacks](http://www.fns.usda.gov/cacfp/meals-and-snacks)

USDA Memo CACFP 14-2016: *Early Implementation of the Updated CACFP Meal Pattern Requirements and the NSLP and SBP Infant and Preschool Meal Patterns*:  
[www.fns.usda.gov/early-implementation-updated-cacfp-meal-pattern-requirements-and-nslp-and-sbp-infant-and-preschool](http://www.fns.usda.gov/early-implementation-updated-cacfp-meal-pattern-requirements-and-nslp-and-sbp-infant-and-preschool)

USDA Memo CACFP 15-2016: *Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern*: [www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-child-and-adult-care-food-program-meal-pattern](http://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-child-and-adult-care-food-program-meal-pattern)



For more information contact the [CACFP staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at  
[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/earlyimpoptinfant.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/earlyimpoptinfant.pdf).

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut State Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Connecticut State Department of Education does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding the Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Act Coordinator, Connecticut State Department of Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2071, [Levy.Gillespie@ct.gov](mailto:Levy.Gillespie@ct.gov).